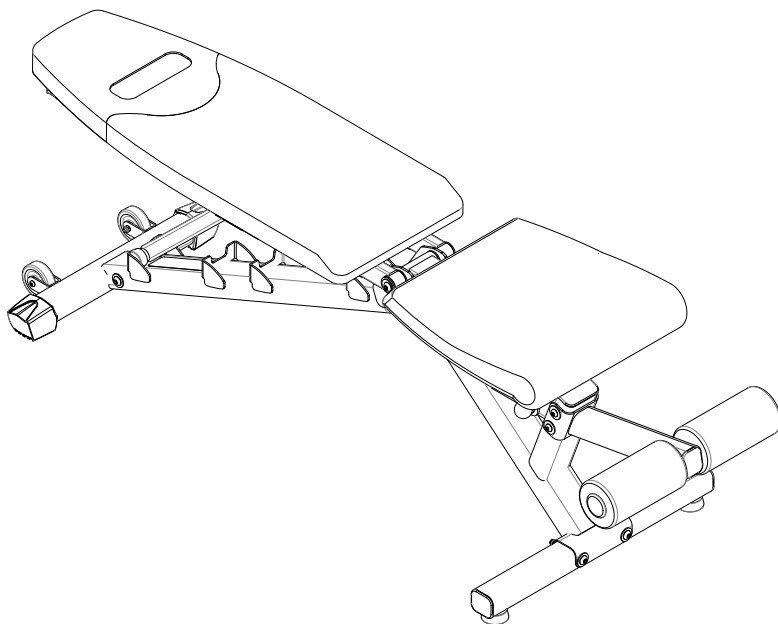




## SelectTech<sup>®</sup> 4.1 Bench



### Assembly Manual



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**To validate warranty support, keep the original proof of purchase and record the following information:**

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

To register your product warranty, contact your local distributor.

If you have questions or problems with your product, please contact your local Bowflex® distributor.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. +01-360-859-5180, [technics-APLA@nautilus.com](mailto:technics-APLA@nautilus.com) | Printed in China | © 2011 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. ([www.NautilusInc.com](http://www.NautilusInc.com)) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

# Important Safety Instructions

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This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

## **Before using this equipment, obey the following warnings:**



Read and understand all warnings on this machine.  
Carefully read and understand the Assembly Manual.

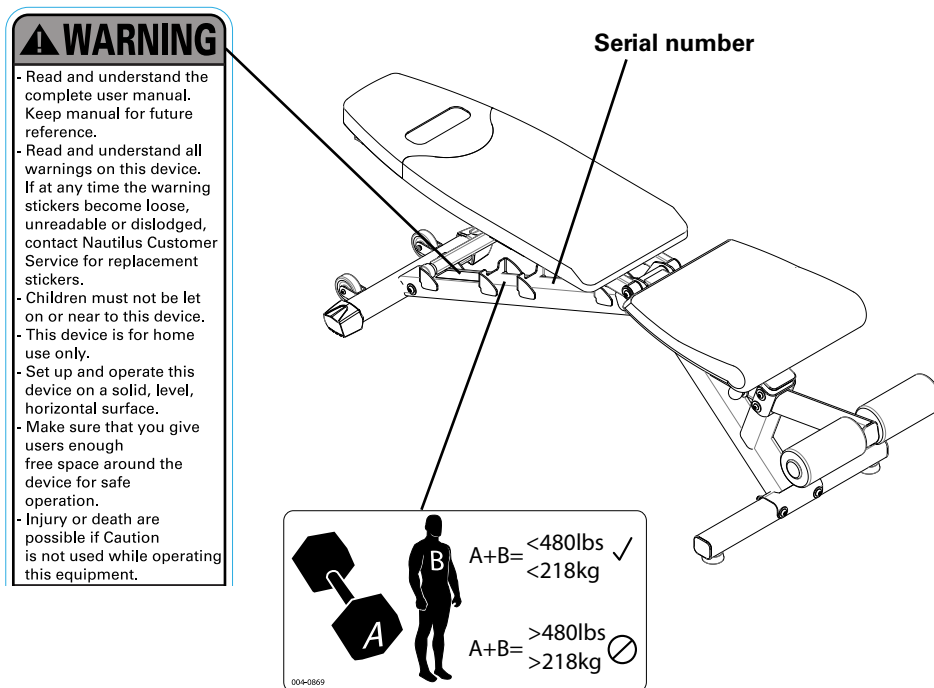
- Keep bystanders and children away from the product you are assembling at all times.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Maximum load limit: 480 lb. (218 kg).
- This equipment is for home use only.
- Set up and operate this equipment on a solid, level, horizontal surface.
- Do not assemble or operate this equipment outdoors or in a wet or moist location.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- Do not try to change the design or functionality of this equipment. This could compromise the safety of this equipment and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the equipment from operating correctly and void the warranty.
- Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual for your SelectTech® dumbbells.
- Read and understand the complete Owner's Manual supplied for your SelectTech® dumbbells before first use. Keep the Owner's and Assembly Manuals for future reference.
- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the equipment again.

# Important Safety Instructions

- Do not wear loose clothing or jewelry. This equipment contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this equipment. Do not use the equipment with bare feet or only wearing socks.
- Before each use, examine this equipment for loose parts or signs of wear. Contact your local distributor for repair information.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.

## Safety Warning Labels and Serial Number

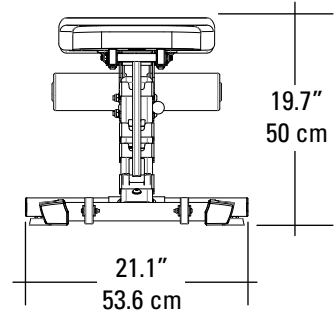
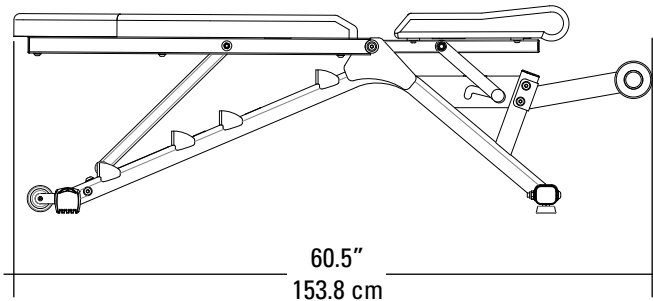
The equipment is shipped with safety warning labels in English affixed to the frame. Safety warning labels in other languages are supplied on a separate sheet of labels for the customer to apply to the equipment. If a label becomes damaged or illegible or is removed, contact your local distributor for a replacement label.



**Note:** Record serial number in the Serial Number field at the beginning of this manual.

# Specifications

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Maximum load limit      480 lbs. (218 kg)

## Regulatory Approvals



This product is compliant with the applicable CE requirements.

## Before Assembly

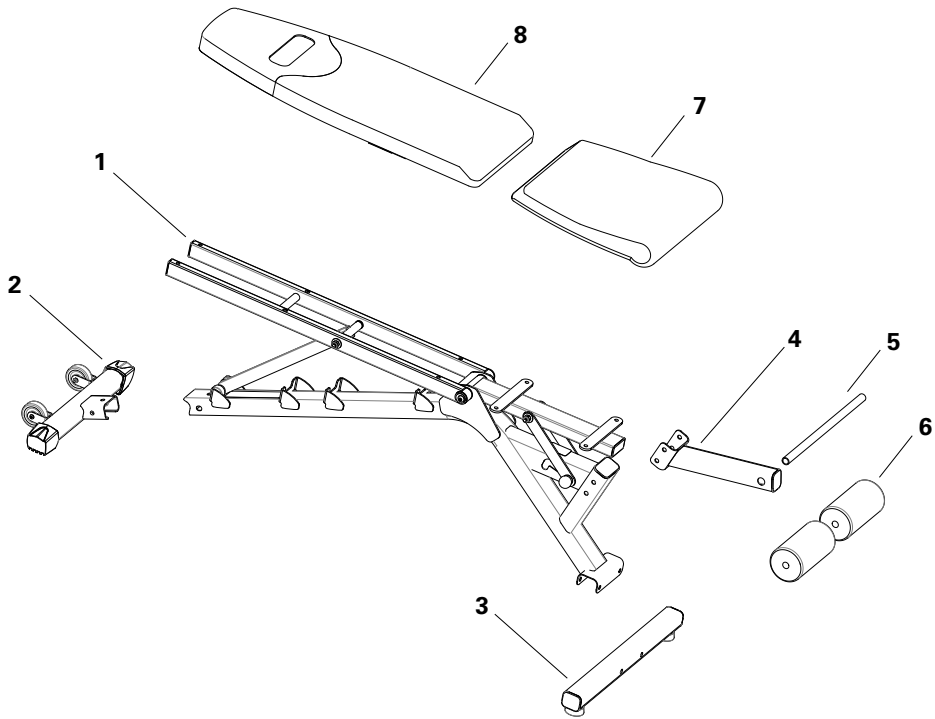
Select the area where you are going to set up and operate your equipment. For safe operation, the location must be on a hard, level surface. Allow a workout area of minimum 120" x 120" (3 m x 3 m).

## Basic Assembly Tips

Follow these basic points when you assemble your equipment:

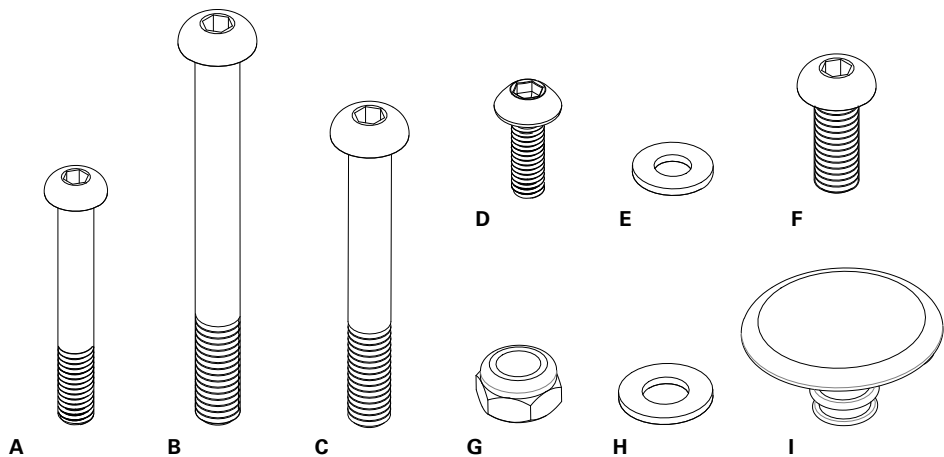
1. Read and understand the "Important Safety Instructions" before assembly.
2. Collect all the pieces necessary for each assembly step.
3. Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
4. When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.

# Parts



Item	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Leg Hold Down Assembly	1
5	Tube, Foam Roller	1
6	Pad, Foam Roller	2
7	Seat Pad	1
8	Back Pad	1

# Hardware



Item	Description	Qty
A	Button Head Hex Screw M8 X 60	6
B	Button Head Hex Screw M10 x 100	2
C	Button Head Hex Screw M10 x 75	2
D	Button Head Hex Screw M8 X 20	4
E	Flat Washer M8	10
F	Button Head Hex Screw M10 x 25	3
G	Lock Nut M10	4
H	Flat Washer M10	11
I	End Cap 3/4"	2

## Tools

### Included



5mm

6mm



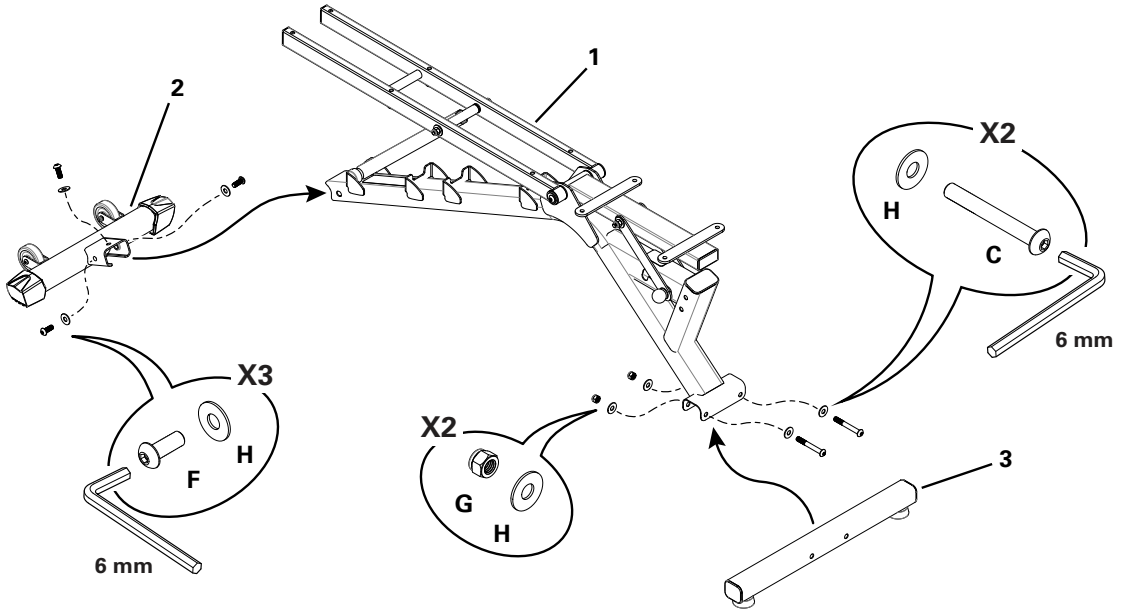
17mm

### Not Included

Utility knife or scissors to cut nylon ties

# Assembly

## Step 1: Attach Front and Rear Stabilizers

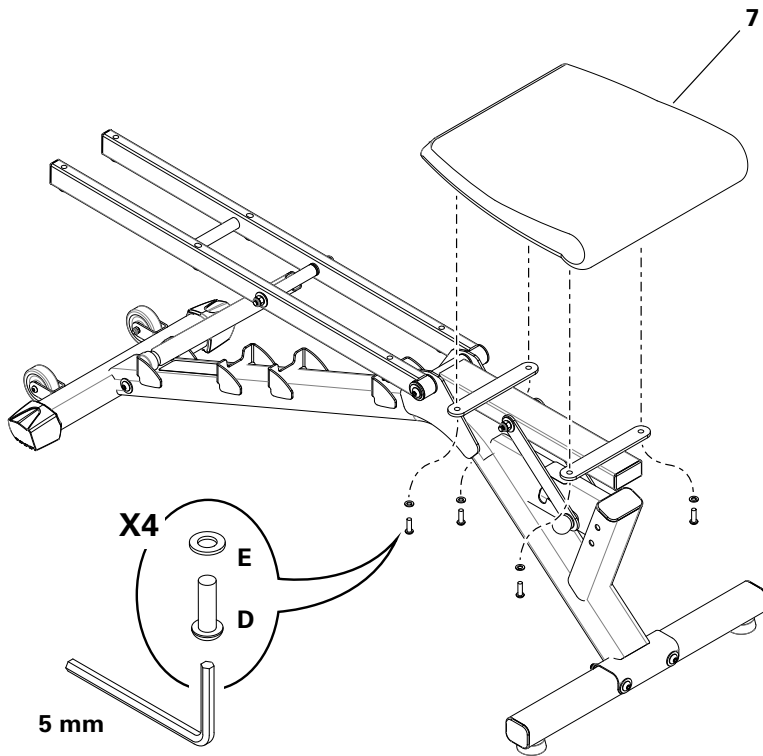




# Assembly

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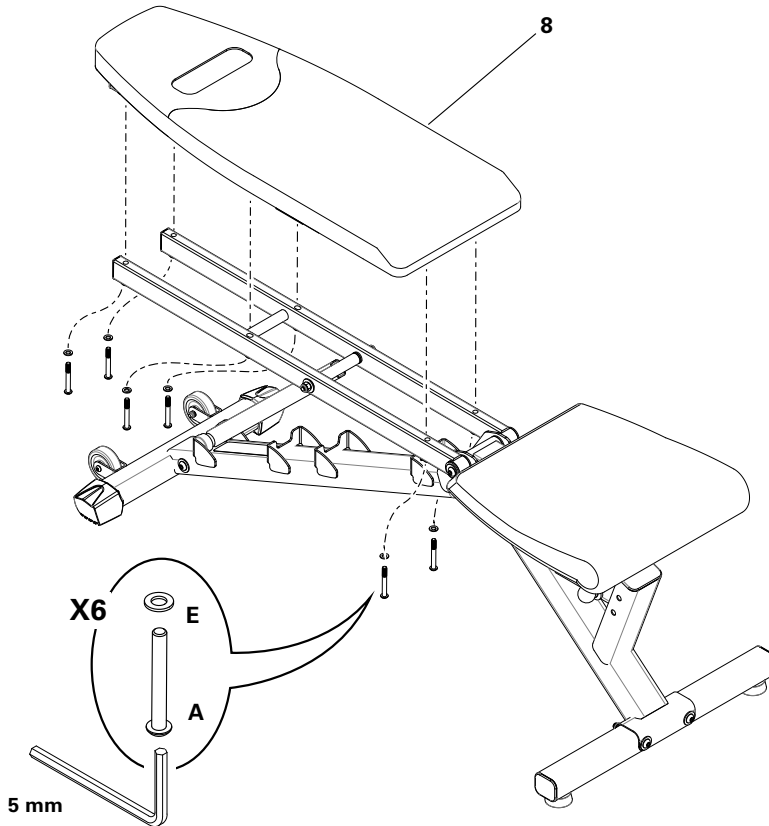
## Step 2: Attach Seat Pad to Main Frame



# Assembly

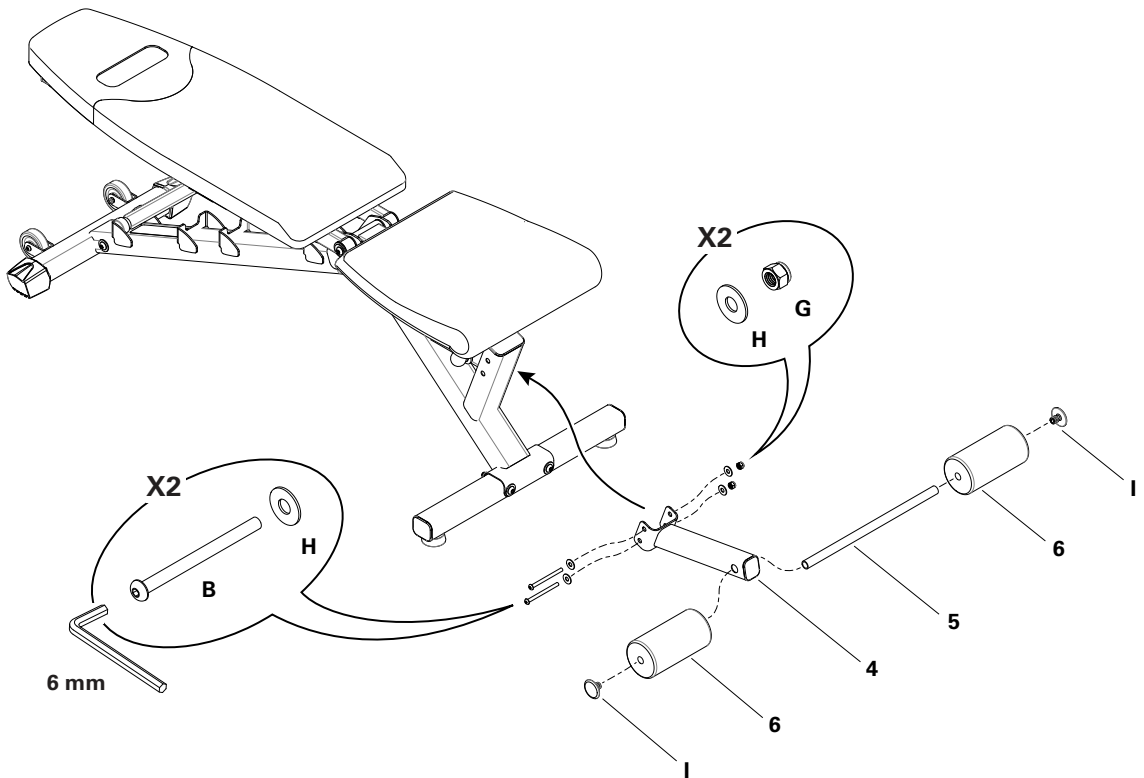
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## Step 3: Attach Back Pad to Main Frame



# Assembly

## Step 4: Install Leg Hold Down Attachment



# Assembly

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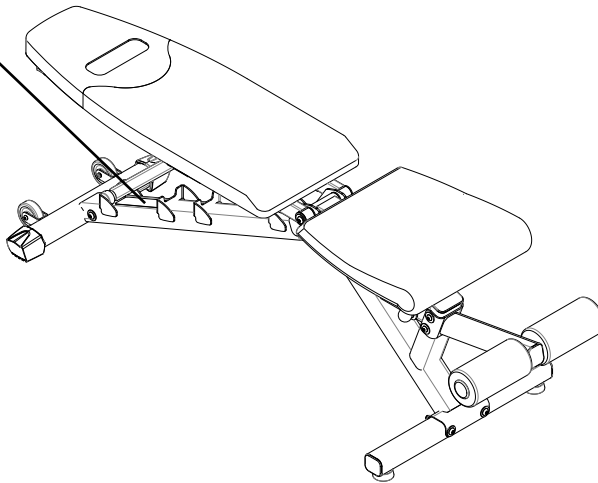
## Step 5: Apply Labels to Frame Assembly

**⚠** Apply Safety Warning Labels in the applicable language if the equipment will be used by persons who do not read English.

**Note:** Record serial number in the Serial Number field at the beginning of this manual.

**⚠ WARNING**

- Read and understand the complete user manual. Keep manual for future reference.
- Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.
- Children must not be let on or near to this device.
- This device is for home use only.
- Set up and operate this device on a solid, level, horizontal surface.
- Make sure that you give users enough free space around the device for safe operation.
- Injury or death are possible if Caution is not used while operating this equipment.



## Step 6: Final Inspection

Inspect your equipment to ensure that all fasteners are tight, the equipment is level, and components are properly assembled. If necessary, adjust the feet until they are evenly balanced in contact with the floor.

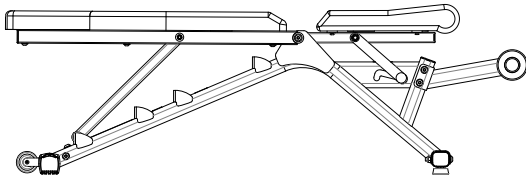
**⚠** Do not use the equipment until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

# Bench Positions

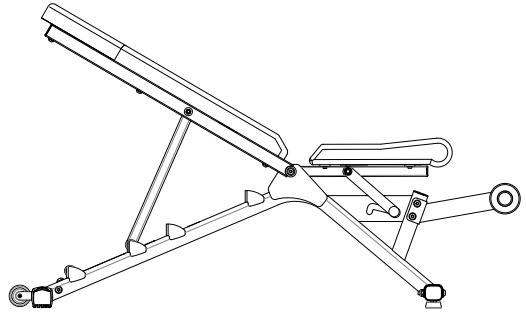


Correctly adjust and safely engage all Positional Adjustment Devices.

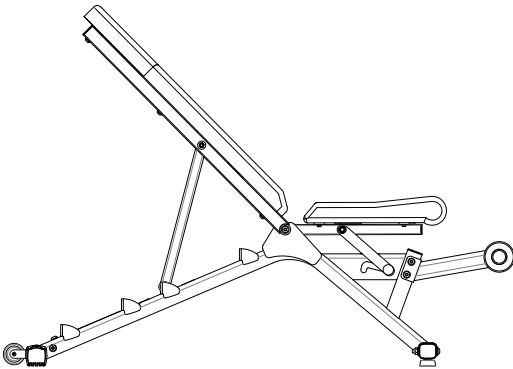
Keep your body weight centered on the bench while exercising.



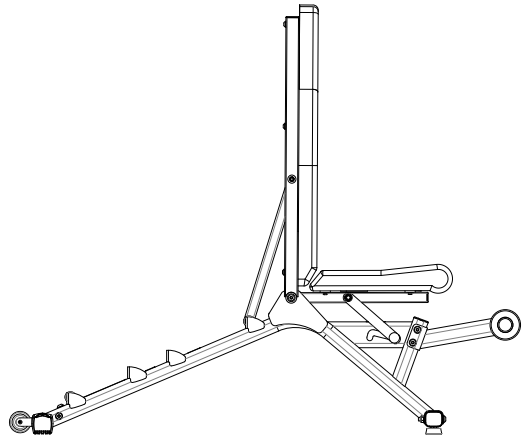
**Flat**



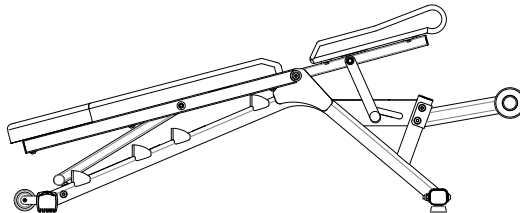
**30°**



**45°**



**90°**



**Decline with Seat raised**

# Maintenance

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Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

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<b>Daily/Before Each Use:</b>	Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact your local distributor
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<b>Daily/After Each Use:</b>	Clean equipment with a clean, dry cloth. Use a non-corrosive cleanser.
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<b>Weekly:</b>	Clean equipment fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. Touch up any scratches with touch-up paint to prevent rust, if necessary.
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<b>Monthly:</b>	Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact your local distributor immediately.
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If you have any questions on the correct use or maintenance of this equipment, contact your local distributor.

# Companion Exercise Equipment

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The Bowflex® SelectTech® 4.1 bench is designed for use with SelectTech® dumbbell equipment. The SelectTech® Dumbbell features an exclusive locking mechanism designed to assure proper and complete selection of the weight plates for each exercise. The SelectTech® dumbbell line includes the following models:

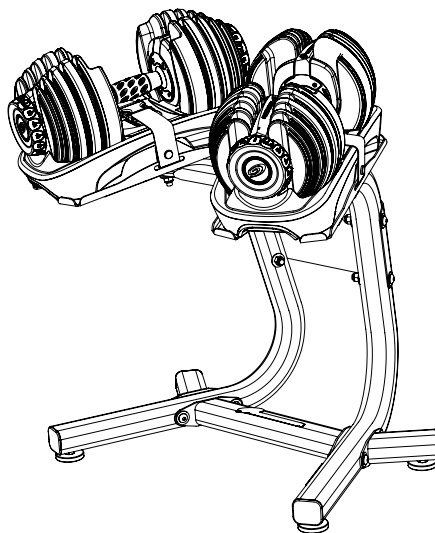
- SelectTech® 552 dumbbell – weight range 5-52 lbs. (2.7 - 23.6 kg)
- SelectTech® 1090 dumbbell – weight range 10-90 lbs. (4.5 - 40.8 kg)

Using the bench expands the variety of exercises that you can include in your workout routine. The Owner's Manual for each dumbbell model describes the variety of exercises available to enhance your workout routine.

Dumbbell stands for the SelectTech® dumbbells are also available separately. These stands feature an ergonomic design to enhance the functionality of the SelectTech® Dumbbell. The dumbbell handles are positioned in a natural orientation providing a comfortable and secure lifting position. In addition, the stand's V-shape "step-in" design allows the user to maintain proper upper body position while lifting or replacing the dumbbells in the base.

- Bowflex® Dumbbell Stand – for use with both the SelectTech® 552 and the SelectTech® 1090 dumbbell

Please contact your local Bowflex® distributor for information about other products.





Nautilus®

Bowflex®

Schwinn® Fitness

Universal®